Coconut Tofu Keema

A warm, savory Indian favorite, easy to make and exciting to eat. Serve over hot rice, with yogurt on the side, which may be added to taste to cut the heat and add sweetness.

By SHE_COOKS

Prep: 20 mins
Cook: 45 mins
Total: 1 hr 5 mins

Servings: 10

Ingredients

- ¼ cup olive oil
- 4 cloves garlic, pressed
- 1 medium onions, minced
- 1 (14 ounce) package extra firm tofu, diced
- 1 (16 ounce) can coconut milk
- 1 tablespoon ground cumin
- 1 teaspoon curry powder
- 1 ½ teaspoons ground ginger
- 1 teaspoon salt
- 1 tablespoon red pepper paste
- 6 cups tomato sauce
- 1 ½ cups frozen peas, thawed
- 1 ½ cups chopped carrot

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Directions

Heat olive oil in a large saucepan over medium heat. Stir in garlic, onion, and tofu; cover, and cook, stirring occasionally for 5 to 10 minutes.

Stir in coconut milk, cumin, curry powder, ginger, salt, and red pepper paste; bring to a simmer. Add tomato sauce, peas, and carrots; simmer, covered, about 30 minutes.

Nutrition Facts

Per Serving:

235 calories; 17.1 g total fat; 0 mg cholesterol; 1053 mg sodium. 17.4 g carbohydrates; 7.8 g protein;

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